

SUPPORTED BY



@LeicesterHS



HEALTH AND WELLBEING IN A SCHOOL ENVIRONMENT EXHIBITORS

KEY AREAS



PERSONAL, SOCIAL AND
HEALTH EDUCATION
(PSHE)



PHYSICAL
ACTIVITY



SOCIAL, EMOTIONAL
AND MENTAL HEALTH
(SEMH)



HEALTHY
EATING

www.healthyschoolsnetwork.co.uk

Leicester City Air Quality Education

Air quality education will be delivered through a free tailored programme of activity to suit your school's needs and links into the national curriculum.

There will be opportunities to participate in activities inside and outside of the classroom; performing experiments and investigating local air pollution levels, as well as planning bespoke activities with students and teachers to campaign for healthy air and tackle air pollution.

Schools will be offered support and guidance, with the option of sessions led by the air quality education officer. Tools and resources will be available for teachers to independently incorporate activities into your own lesson plans – making our programme adaptable.

Danni Kennell

Air quality education officer

Tel: 0116 454 0166

Email: danielle.kennell@leicester.gov.uk

Leicester City Environmental Education

Leicester City Council has a dedicated Environmental Education Coordinator based in the Environment Team who provides free support to schools to help them become more sustainable in all that they do. As well as one to one support, schools are able to engage through termly #EcoTeachmeets, staff training, resource planning & workshops, an annual Eco-Schools conference & celebration event and keep up to date through a dedicated Twitter account, monthly eBulletins and termly newsletters.

Lee Jowett

Environmental Education Coordinator

Email: Lee.jowett@leicester.gov.uk

Website: schools.leicester.gov.uk/eco-schools

Tel: 0116 454 2271

Future Active Enterprise Ltd.

Future Active Enterprise Ltd is a social enterprise that has been created through a partnership between Learning South Leicestershire School Sports Partnership & Leicester City School Sport and Physical Activity Networks. As a social enterprise, all profits we make go back into the local development of PE, school sport and physical activity opportunities for young people.

futureactiveltd.office@gmail.com

Website: www.futureactive.org

Tel: 0116 2774575



The CoOperative Central England

Healthy Choices & Fairtrade workshops – in-store Ethical Challenges and Shopping on a budget challenges. We can also offer support with vouchers for cooking classes and breakfast clubs where the school demonstrates a need (eg. deprived area and inclusivity etc.).

Email: Karen.bevan@centralengland.coop
Website is www.centralengland.coop,
Phone number is 07801 468340
Twitter @mycoopfood

The underground Creatives

The Underground Creatives is an arts service which specialises in engaging children, young people and adults through urban music, creative writing and media workshops. We offer projects tackling social subjects such as mental health, cultural diversity and sexuality, working with hard to reach communities across Leicester and Leicestershire.

Our mobile recording studio allows people to access recording equipment and to produce original music. Workshops and projects are tailored to meet the specific needs of the participants.

Akshay Sharma
Website: www.undergroundcreatives.co.uk
Tel: 07716345466

My Soloution Wellbeing

My Solution Wellbeing is a Wellbeing services supporting schools and the community. We offer various services such as counselling and therapy, wellbeing programs for students, personal development programs, mindfulness for teachers and for students and tai chi combined with personal development programs as well substance and alcohol awareness programs.

Email: info@mysolutionwellbeing.com
Website: www.mysolutionwellbeing.com
Tel: 0116 4030092



The co-operative
Central England Co-operative



Living Streets

The offer to Primary schools is WOW (see attached letter to schools) and also for this year we have created some new project resources to help young people transition from year 6 to year 7 and, help them think about new sustainable ways to travel to their secondary school. We also run campaign work in secondary schools to help young people become campaign leaders and change whole school approaches to sustainable transport

Darren Cashin
Website: livingstreets.org.uk
Tel: 07808 640305
Email: darren.cashin@livingstreets.org.uk
Twitter@livingstreets

Food for life

A Food for Life Schools Award is a great way to demonstrate that your school is doing fantastic work to provide healthy school meals, great lunchtimes and food education that has a positive impact on both pupils and the wider community. Our packages are designed to support you through any changes you may need to achieve this. They are based on a flexible framework so every school can approach their award in the way that works best for them. This is available free to schools via Leicester City council and are further enhanced by training and local 'on the ground' support.

Lisa Didier
Local Programme Manager
Website: www.foodforlife.org.uk
Tel: 07718570945

Good Values Club

The Good Values Club and SDSA are offering all schools, free of charge the game called 'Values In Football' The game will be supported by Workshops and lesson plans on different values in the game. If your school is interested then please contact us.

goodvaluesclub@gmail.com
Website: www.goodvaluesclub.com
Tel: 0116 3320378



Health Watch Leicester

Is the independent consumer champion for Health and Social Care Services in Leicester and Leicestershire delivered by Engaging Communities which is an Independent Community Interest Company (CIC). Our job is to champion the interests of those using Health and Social Care Services across Leicester and Leicestershire and give local people an opportunity to speak out about their concerns.

Email: enquiries@healthwatchll.com

Website: www.healthwatchll.com

Tel: 0116 251 8313

Twitter: @HealthwatchLeic

The Laura centre

The Laura Centre offers specialist bereavement counselling to parents whose child has died and to children or young people who have been bereaved of a parent or significant person.

Based in Leicester, with services in Derby, Nottingham and Coventry, the Centre offers wide ranging group and individual support.

The Centre also provides high quality training and supervision for professionals supporting the bereaved. This is delivered by experienced counsellors and therapists and reflects the high standard of care in our therapeutic work

Email: info@thelauracentre.org.uk

Website: www.thelauracentre.org.uk

Tel: 0116 2544341

Transform Training

At Transform our goal is to improve young people's mental health and wellbeing by embedding emotional education in all aspects of education and youth work.

Our School's Emotional Education (SEED) programme offers a whole school approach to embedding emotional education and supporting student's emotional health and wellbeing.

Email: Teresa.c@transformtraining.org.uk

Email: Stacey.m@transformtraining.org.uk

Tel: 0115 8374949



Place2Be is a children's mental health charity providing school-based support and in-depth training programmes to improve the emotional wellbeing of pupils, families, teachers and school staff.

Our mission is to enhance the wellbeing and prospects of children and their families by providing access to therapeutic and emotional support in schools, using a proven model backed up by research and training. We use an evidence-based approach – gathering, analysing and using data to challenge and improve services.

Our vision is a world where children have the opportunity to grow up with prospects rather than problems.

Caitlin Browne

Website: www.place2be.org.uk

Tel: 0785 026 5682

Email: caitlin.browne@place2be.org.uk

Jigsaw

Jigsaw is an original comprehensive Scheme of Learning for ages 3-16 years which integrates PSHE, emotional literacy, social skills, spiritual development, British Values and SMSC opportunities in a lesson-a-week programme, including teaching resources and assemblies for the whole school term.

We can help you deliver Jigsaw PSHE with training and support

Over 2600 schools are already using Jigsaw, including schools in China, Dubai, Saudi Arabia, Sweden, Netherlands, South Korea and The Falkland Islands. So visit our website, or give us a call if you would like further information.

Website: www.jigsaw.com

Tel: 01202 377192

Email: elaine@janlevergroup.com

ADHD Solutions

ADHD Solutions CIC is an independent, not for profit organisation with charitable aims and objectives. We exist to raise awareness of ADHD and improve the life chances of children, young people and adults affected by the condition. We provide information, help and support for the above, their families and anyone who supports or works with them.

Website: www.adhdsolutions.org.uk

Email: ian@adhdsolutions.org

Tel: 0116 261 0711



Beat the Street

Leicester will be transformed into a giant game with Beat The Street. It is a fun free activity where people are rewarded with points and prizes for exploring their town on foot or bicycle. Sixty special sensors called 'Beat Boxes' will appear near your school and across central and North Leicester. Players tap the Beat Boxes with cards and fobs to track their journey and earn points for themselves and their team – the more Beat Boxes people swipe during a journey, the more points they earn!

Email: Daxa.Ralhan@Leicester.gov.uk
Website: www.beatthestreet.me/leicester/home
Tel: 0116 4544376 (Int 39 4376)

Tigers Rugby

the Global Payments Healthy Schools programme – a free initiative for primary schools delivered by Leicester Tigers on the importance of healthy eating and living. Pupils between years 3-6 can learn all about how eating the right food and regular exercise can help them lead a healthy lifestyle and stay fit.

Ashleigh Theobald
Website: www.tigers.com/community

Youth Sport Trust

The Youth Sport Trust is a children's charity working to ensure every child enjoys the life-changing benefits that come from play and sport. It has more than 20 years expertise in pioneering new ways of using sport to improve children's wellbeing and give them a brighter future.

The charity works with more than 20,000 schools across the UK and operates on a local, national and global level. It harnesses the power of sport, physical activity and PE to build life skills, connections between people and support networks which increase life chances through greater attainment, improved wellbeing and healthier lifestyles.

globalpayments



**YOUTH
SPORT
TRUST**

Mindful Warriors

Mindful Warriors believes all school children will benefit from practicing Yoga. Our mission is to make well designed Yoga Programs available to every student in every school. We have worked hard to create a sustainable and continuous Yoga program for the whole academic year.

We also offer a 'Yoga and Mindfulness in Education' CPD programme to enable school teachers to become certified to teach yoga in their school. We believe our programs will positively impact their interaction with society as well as immediately increase concentration, confidence and overall well being.

Website: www.mindfulwarriorsmw.com

Tel: 0785 026 5682

Email: mindfulwarriorsmw@gmail.com

Trees for Cities

Trees for Cities are a charity working with schools to create vibrant food growing spaces. We create bespoke outdoor classrooms that sit at the heart of a schools community, bringing the curriculum to life as well as having countless benefits in improving the physical and mental health and wellbeing of pupils, families and staff.

Website: www.treesforcities.org/our-work/edible-playgrounds

Tel: 020 7587 1320

Email: EP@treesforcities.org



Healthy Schools Network



Contact Details

Website: www.healthyschoolsnetwork.co.uk

Tel: 0116 299 5942

Email: sophie.carter@sdsa.net \ rebecca.partington@sdsa.net \ emma.sheasby@sdsa.net



LEICESTER HEALTHY SCHOOLS NETWORK



Healthy Schools Network
School Development Support Agency (SDSA)
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0116 299 5942 | office@sdsa.net

